

# Improving health and well-being with a full suite of customized and integrated behavior change solutions

**NCQA certified, award-winning programs**

Strong theoretical foundation that meet the needs of all participants, ready to change or not



**Robust tailoring technology**

Flexible software platform that allows delivery in multiple channels including coaching

**Unparalleled evidence base**

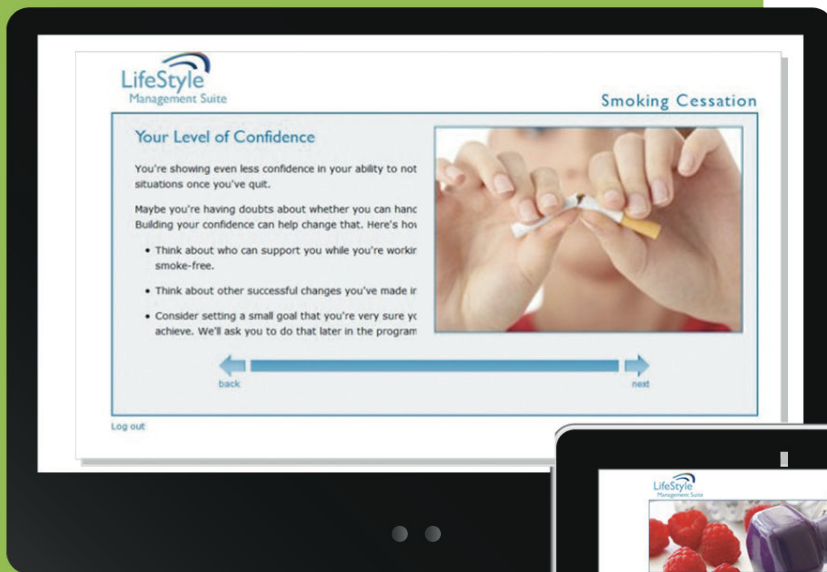
Individually tailored behavior change tools leverage best practices in behavior change science and are based on statistical decision-making

**Innovative approach**

Simultaneously intervene on multiple behaviors

**Proven ability to deliver**

Results with 26%-73% of participants adopting targeted behaviors



*Digital tools, guidance, and resources delivered across multiple channels and devices*

***“Change is a process, not an event.”***

*James O. Prochaska, Ph.D, Founder, Pro-Change*

 **pro-change<sup>®</sup>**  
BEHAVIOR SYSTEMS, INC.

## User/Patient Tools



### Customizable Health Risk Intervention (HRI)

Assesses readiness to change leading health risks and provides immediate stage-matched feedback on the single most important behavior change strategy needed to initiate the change process



### Mobile-optimized LifeStyle Management Programs

Provide individualized evidence-based feedback to each user. Dynamic, reliable, and valid assessments produce tailored behavior change guidance for:



- Weight Management
- Smoking Cessation
- Healthy Eating
- Exercising Regularly
- Stress Management
- Managing Cholesterol
- Managing High Blood Pressure
- Depression Prevention
- Proactive Health Consumer
- Responsible Drinking
- The Debt Diet

### Engaging Personal Activity Centers

Contain a variety of interactive tools, tips, and resources targeted to the user's readiness to change

### Tailored Text Messages

Promote ongoing engagement and behavior change

### English & Spanish Programs Available

## Clinician/Coach/Administrator Tools

### CE Accredited 4-hour e-Learning

Provides foundation in applying the Transtheoretical Model

### Coaches' Guide For Using The Transtheoretical Model

Teaches how to use the Transtheoretical Model with clients

### Clinical Dashboard

Displays an overview of each patient's behavior change profile and progress, along with brief, targeted behavior change messages to motivate and guide patients toward healthier lifestyles

### Coaching Programs

Ensure treatment fidelity by providing reliable and valid assessments of key behavior change variables and semi-scripted feedback for the clinician/coach

Weight Management

Smoking Cessation

Healthy Eating

Managing High Blood Pressure

Responsible Drinking

Stress Management

Managing Cholesterol

Exercising Regularly

Depression Prevention



### Integrated database

Enables tracking regardless of intervention delivery channel

### Standard reports

Capture utilization, progress, and key outcome metrics

### Custom reporting